

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1.-28. Canceled.

29-35. Canceled.

36. (New) An oil or fat composition at least 85% by mass of which are triglycerides, wherein

(a) the proportion of medium-chain fatty acids to all the fatty acids as constituents of the oil or fat composition is from 5 to 23% by mass,

(b) the proportion of triglycerides having two medium-chain fatty acid residues in the molecule to all the triglycerides is from 1 to 20% by mass, and

(c) the proportion of long-chain saturated fatty acids in all of the long-chain fatty acids as constituents of the oil or fat composition is at most 15% by mass,

the oil or fat composition being obtained by transesterifying an edible oil or fat with a medium-chain fatty acid or a medium-chain fatty acid triglyceride.

37. (New) The oil or fat composition according to claim 36 wherein the medium-chain fatty acids are saturated fatty acids having 6 to 12 carbon atoms.

38. (New) The oil or fat composition according to claim 36 wherein

(d) the proportion of triglycerides having three medium-chain fatty acid residues in the molecule to all the triglycerides is at most 3% by mass.

39. (New) The oil or fat composition according to claim 36 which further contains, as an emulsifier, at least one sucrose fatty acid ester, polyglycerol fatty acid ester, succinic acid monoglyceride, monoglyceride, diglyceride, sorbitol fatty acid ester or sorbitan fatty acid ester, in an amount of 0.1 to 6% by mass based on the oil or fat composition before the incorporation of the emulsifier.

40. (New) The oil or fat composition according to claim 36 which further contains, as an emulsifier, based on the oil or fat composition before the incorporation of the emulsifier, 0.1 to 3% by mass at least one sucrose fatty acid ester or polyglycerol fatty acid ester, 0.01 to 2% by mass succinic acid monoglyceride, and 0.1 to 3% by mass at least one monoglyceride, diglyceride, sorbitol fatty acid ester or sorbitan fatty acid ester, provided that the total amount of the emulsifiers is 0.3 to 5% by mass.

41. (New) An oil or fat composition for cooking comprising the oil or fat composition according to claim 36, and at least one additive selected from polyglyceryl fatty acid esters, sucrose fatty acid esters, sorbitan fatty acid esters, vitamin E, ascorbic acid fatty acid esters, lignan, coenzyme Q, phospholipids, oryzanol and diglycerides.